



Stories of success: Kate Stewart



Photo courtesy of Kate Stewart
Kate Stewart went from nearly 200 pounds to competing in fitness pageants.

Like a natural disaster, Kate Stewart's life began whirling and whipping out of control.

In the matter of months, her mother and sister died, her marriage fell apart and she nearly lost her son due to complications from premature birth.

"If somebody actually knew everything, they'd say there's no way that happened to one person in a lifetime," Stewart said.

To further complicate matters, Stewart began to gain a significant amount of weight, pushing her 5-foot-4 frame to approximately 200 pounds.

Around that time, Stewart decided it was time for a change.

"I was tired of life kicking me in the rear end," Stewart said. "I said, 'I'm going to kick back.'"

A remarkable transformation started that day. Stewart turned all her pain and anguish into positive energy, relentlessly working toward both physical and mental recuperation. Now, fully recovered, standing at the height of health, the current 40-year-old fitness competitor serves as an inspiration

to those striving to make personal change.

Stewart shared her story with INShape Indiana, providing Hoosiers a model for positive change.

"I just kind of snapped one day," Stewart said. "I said that was it."

It all started when she was 14. The youngest of seven children, Stewart watched her mother fall victim to Amyotrophic Lateral Sclerosis (ALS), otherwise known as Lou Gehrig's Disease.

According to the ALS Association, the life-expectancy for patients with ALS is two to five years. Stewart's mother lived through 11 years of bed-ridden agony.

All the while, Stewart was by her side.

"I was forced to grow up fast," she said.

By the time her mother passed away, Stewart had another family member on the death bed. Moving from one hospital room to another, Stewart watched her sister fall victim to cancer.

Shortly thereafter, her son, Nicholas, was

SEE STEWART — PAGE 2

Public Health & Medicine Day raises awareness

INDIANAPOLIS — State Health Commissioner Judy Monroe, M.D. had a clear vision for the first-annual Public Health & Medicine Day in Indianapolis on Wednesday, May 23.

In hosting the event, Dr. Monroe aimed to unite public health professionals and physicians underneath Governor Mitch Daniels' health plan.

"I have always been a believer in teamwork and the power of collaboration," Dr. Monroe said. "For so long, public health and medicine have not had a crossroad. Today is about bringing these two together, and having the State Department of Health foster these partnerships really bridges the gap."



Jess Huffman
From left, Indiana State Department of Health Deputy Assistant Commissioner Ted Bailey, M.D., Mark A. Burkett, D.O., ISDH Commissioner Judy Monroe, M.D. and Robert Lubitz, M.D. participated in a panel discussing the topic of emergency preparedness at the first annual Public Health & Medicine Day May 23.

SEE AWARENESS — PAGE 3

Changes

PROMOTIONS AND TRANSFERS

Ayres, Pam	Commissioner's Office	5/6/07
Baker, Joseph	Minority Health	5/6/07
Clift, Richard	Maternal and Child Health	5/6/07
Dawson, Carolyn	PHP and Emergency	5/6/07
Dunlap, Jennifer	Public Affairs	5/6/07
Howell, James	PHP and Emergency	5/6/07
Kelly, Abigail	Women's Health	5/6/07
Lightle, TJ	Commissioner's Office	5/6/07
Riley, Evelyn	Vital Records	5/6/07
Tharpe, Robin	Vital Records	5/6/07
Judson, Gary	Finance	5/20/07
Poteet, Tamara	Finance	5/20/07
Bruner, Robin	Micro	6/3/07
Chan, Donna	Chem Lab	6/3/07
Dufour, Richard	Micro Lab	6/3/07
Halas, Matthew	Vital Records	6/3/07
Hovious, Daniel	Office of Technology	6/3/07
Klopfenstein, Mitchell	PHP and Emergency	6/3/07
Million, Cheryl	PHP and Emergency	6/17/07
Turner, Tonya	Micro Labs	6/17/07
Holt, Antoniette	Minority Health	6/17/07

RETIREES

Thomas Reed	7/6/07
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NEW EMPLOYEES

Alley, Ann	Communications	5/06/07
Dasari, Syamalatha	ERC	5/07/07
Doades, Matthew	LTC	5/07/07
Elmore, Kevin	Vital Records	5/07/07
Klein, Betty	Acute Care	5/07/07
Lofton, Stephanie	HIV/STD	5/07/07
Peavy, Antonio	Weights and Measures	5/07/07
Shoffner, Jason	ITS	5/07/07
Brooker, Sue	LTC	5/21/07
Bradley, Marcus	Admin Services	5/21/07
Cummings, Courtney	MCH	5/21/07
Huffman, Jess	Public Affairs	5/21/07
Ishola-Gbenla, Dauda	Sanitary Engineering	5/21/07
Keihn, Tamara	Acute	5/21/07
Minnier, Kimberly	MCH	5/21/07
Torma, Penny	PHP	5/21/07
Goff, Loretta	Finance	6/04/07
Raye, Julia	Micro Labs	6/04/07
Voorhoist, Cara	Labs	6/04/07
Kuntz, Debbie	Finance	6/17/07
Overbey, Christine	Immunization	6/17/07
McGill, Morgan	Legal	6/18/07
Paniagua, Maricela	MCH	6/18/07
Rowland, Meghan	Micro Labs	6/18/07
Russell, Rachel	Legal	6/18/07
Smith, Annette	Finance	6/18/07
Taylor, Kristen	Finance	6/18/07

Movin' on up

The Public Health Preparedness and Emergency Response Division recently announced the appointment of Mitch Klopfenstein as director, Strategic National Stockpile (SNS).

Prior to his arrival at the ISDH, Klopfenstein served in the United States Marine Corps as an infantry squad leader and a certified Marine Combat Instructor of Water Survival (MCIWS).

Klopfenstein also serves as the Bioethics Liaison and the chairperson of the Bioethics Subcommittee on Pandemic Influenza for the Indiana State Department of Health's Pandemic Influenza Planning Committee.



KLOPFENSTEIN

"I am privileged and humbled to work for this outstanding program," Klopfenstein said. "I will continue the efforts of the Public Health Preparedness and Emergency Response Division to build and improve Indiana's capabilities to respond to public health emergencies."

Upcoming dates...

Aug. 8-11 — The INShape Indiana Summer SummerFit Plaza will be at the Indiana State Fair, providing interactive demonstrations and performances, aimed to illustrate how fitness pertains to everyone.

Aug. 11 will mark the end of the program and awards will be given out for successful completion.

Aug. 11 — Cheri Daniels will host the First Lady's Heart to Heart Heartland Walk, in an effort to raise awareness for women's heart conditions.

The demonstration will be from 8 to 10 a.m. at the Indiana State Fair.

STEWART

born three-months premature, forced to fight for his life. Her marriage then fell apart, leaving her life in shambles.

"I no longer liked me," Stewart said. "I wasn't happy with who I was seeing in the mirror, not only physically but emotionally."

When Stewart chose to change, she started taking better care of herself. She began with bubble baths and manicures, all the while perusing through countless self-help books, looking for answers.

She found some comfort in the book "Body-for-Life" by Bill Phillips.

"I read that book, and that's what got me more into exercising and timing my meals right," Stewart said.

After starting with dieting, Stewart followed with jogging and other cardiovascular exercise. Two years later,

she accomplished her first major goal, finishing the Indianapolis Mini-Marathon — twice, that is.

As the pounds began to shed, Stewart incorporated weight-lifting into her exercise regimen and found she liked the effect it had on her body.

"I liked the changes my body was making through the weight-lifting," she said. "The weights are what really developed the muscle tone and started giving me shape."

All in all, Stewart said it took almost four years until she could look in the mirror and be satisfied with her figure.

And it wasn't until a little more than a year ago that she chose to show it off to others.

On March, 18, 2006, she revealed her new and improved body to the

world, performing in her first fitness competition in San Diego, Calif.

"When I stood out there on the stage for the first time — wearing an itty-bitty bikini — that's kind of when the realization hit me," Stewart said.

Since her first performance, Stewart has competed in four more fitness competitions. She's currently in the midst of competition season, preparing for one more performance this summer.

In her spare time, Stewart helps others achieve their fitness goals, writing nutrition programs and offering online training.

She enjoys providing support to others, "and just being able to reach that one person who thinks they can't do it."

"They have to decide that they want to do it for themselves, not anyone else."

Campaign aims to teach teens why they're worth it

Continuing a long-standing relationship, Montgomery Zukerman Davis Advertising (MZD) and Indiana R.E.S.P.E.C.T. worked together to develop a campaign that increased awareness of the Indiana R.E.S.P.E.C.T. brand. Indiana R.E.S.P.E.C.T., which stands for Reduces Early Sex and Pregnancy by Educating Children and Teens, is an initiative of the Indiana State Department of Health's Maternal and Child Health program. The statewide initiative aims to reduce Indiana's teen pregnancy and birth rates and to improve the health and future of Indiana's youth.

One goal of the latest campaign was to increase traffic to the client's Web site, www.IndianaRESPECT.com, which includes several interactive features added this spring. According to preliminary results of a recent media survey, Hoosier teens are increasingly likely to recognize Indiana R.E.S.P.E.C.T. as a source for information on sexual abstinence and preventing teen pregnancy and sexually transmitted diseases.

Acknowledging the perceived increase in peer pressure during Spring Break and the spring prom season, MZD

launched a media campaign to counter the added pressure that teens may feel to become more intimate. Indiana R.E.S.P.E.C.T.'s campaign reinforced the message that "sex can wait, you're worth it." In addition to television, the campaign reached teens via high school newspapers and online via AOL's Instant Messenger and AOL-owned Web sites with high teen audience numbers. Outdoor billboards in several markets will extend the message into the summer.

AWARENESS

Governor Daniels recently signed into action law House Enrolled Act 1678, which uses a 44-cent increase in the price of cigarettes to fund smoking cessation programs, provide immunizations for children, and offer health insurance for thousands of uninsured Hoosiers.

In front of the crowd of 176 in attendance, Dr. Monroe and numerous guest speakers elaborated on the issues behind the changes.

Nationally renowned researcher Andrew Hyland, Ph.D. delivered the first-annual Stephen Jay, M.D. Lecture, introduced this year to recognize upcoming professionals in public health and to bring attention to tobacco-control topics in Indiana.

Dr. Hyland, who works with the Roswell Park Cancer Institute in Buffalo, N.Y., discussed the fundamentals of a strong smoke-free public policy.

"The evidence from other places that have gone smoke-free is clear that this is a public policy that works," Hyland said. "The air gets cleaner, health improves, people support the rules, and the hospitality economies continue to do well."

Respiratory Therapist Shirley Lindsey-Sears and Carol Litten Touloukian, M.D. of Bloomington Hospital also shared their perspectives on the dangers of tobacco use and recommended methods of cessation.

As a pediatrician, Dr. Touloukian has become bothered by the techniques utilized by tobacco companies to attract young smokers.

"They are targeting our kids," she said. "This is where our smokers come from. This ought to bother people."

Serving as a crutch to smokers struggling to quit, Lindsey-Sears knows the power of addiction all too well. She introduced the audience with methods of cessation, including Nicotine

Replacement Therapy and medication.

Lindsey-Sears emphasized the importance of overcoming the physical aspect of the addiction first.

"If you don't get the physical addiction under control, you're probably not going to get your patients to pay attention to anything else," Lindsey-Sears said.

Stephanie Bailey, M.D., chief, Public Health Practice at the Centers for Disease Control and Prevention (CDC), spoke with urgency about the "Intersection of Public Health and Medicine," stressing the importance of acting in the present moment.

She borrowed a quote from American pastor John Maxwell to articulate her message.

"If there is hope in the future, there is power in the present," Dr. Bailey said.

Furthermore, Bailey said the health challenges of the 21st century ask public health professionals and practitioners to be bold.

"I want you to feel powerful enough to create life better," she said.

The event concluded with a panel discussing the topic of emergency preparedness and a questions-and-answer session immediately thereafter.

Dr. Monroe, ISDH Deputy Assistant Commissioner Ted Bailey, M.D., Mark A. Burkett, D.O. and Robert Lubitz, M.D. all participated in both sessions.

The event also featured topics on epidemiologic events highlights, a legislative update and current public health issues and health system news.

"I'm convinced we really helped make an impact with today's event," Dr. Stephanie Bailey said. "We've devoted our professional lives to improving the health of the public individually or collectively and what better way to help improve on that than assuring public health and medicine come together?"



Jess Huffman
Dr. Judy Monroe speaks at the first annual Public Health & Medicine Day May 23.

